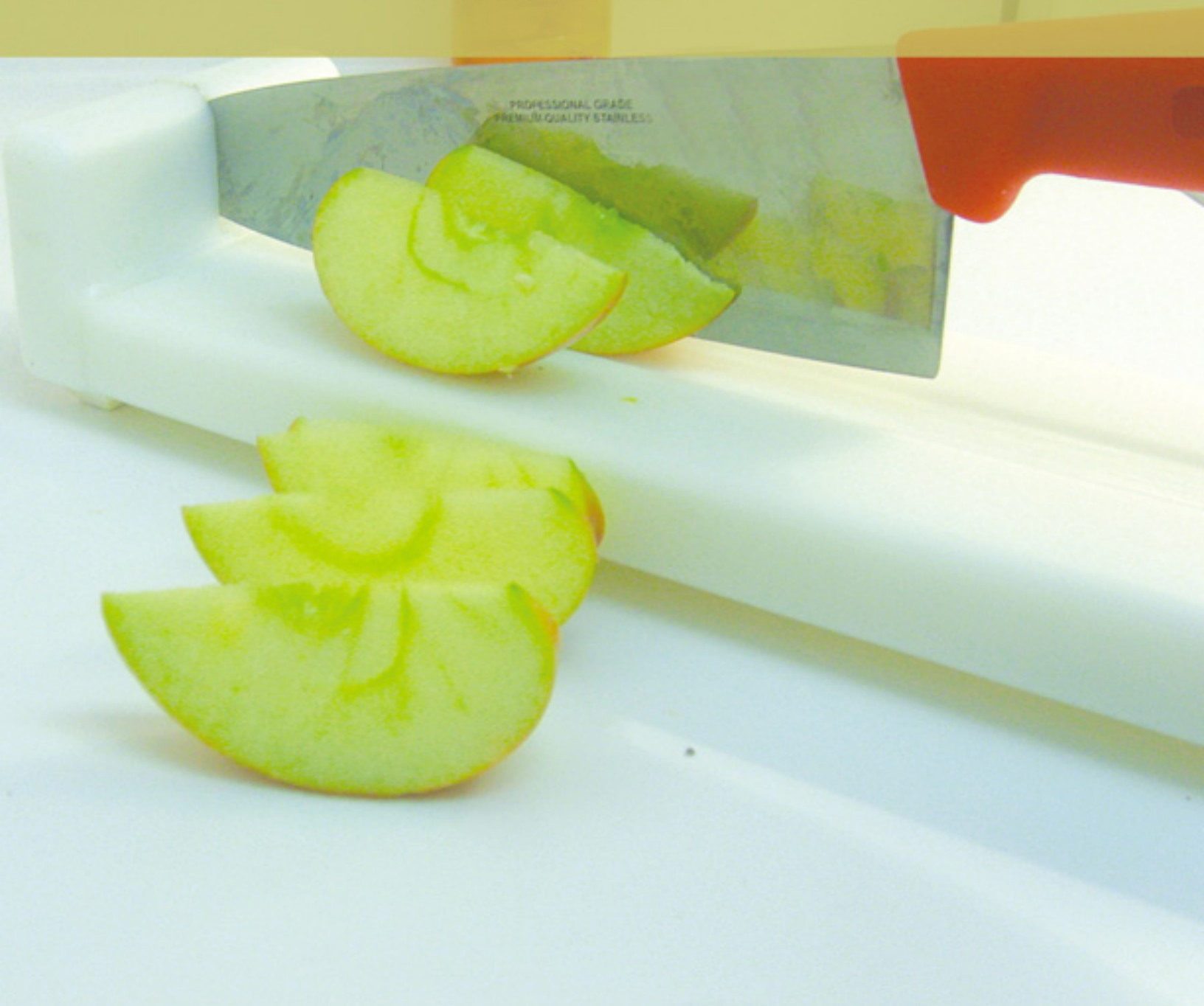


Knife Skills - Vol.1

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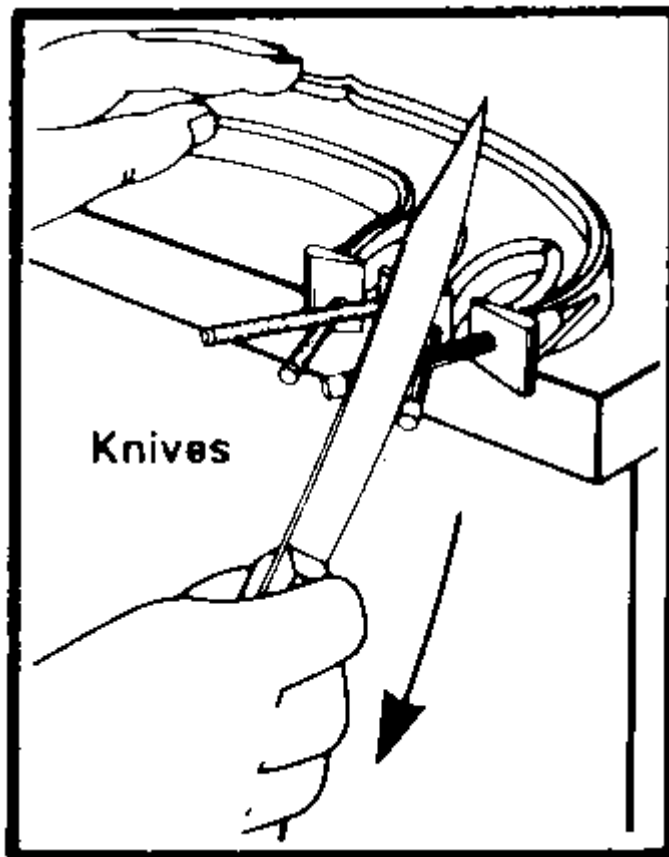
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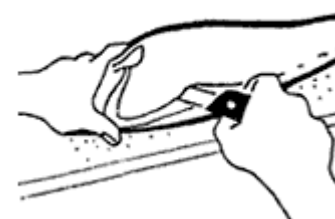
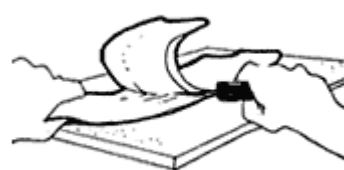
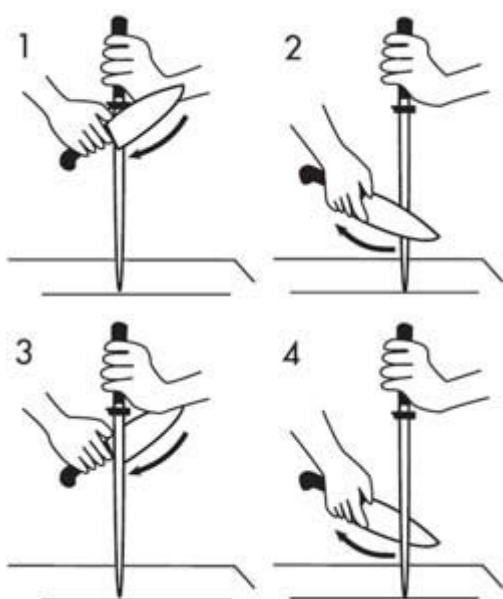
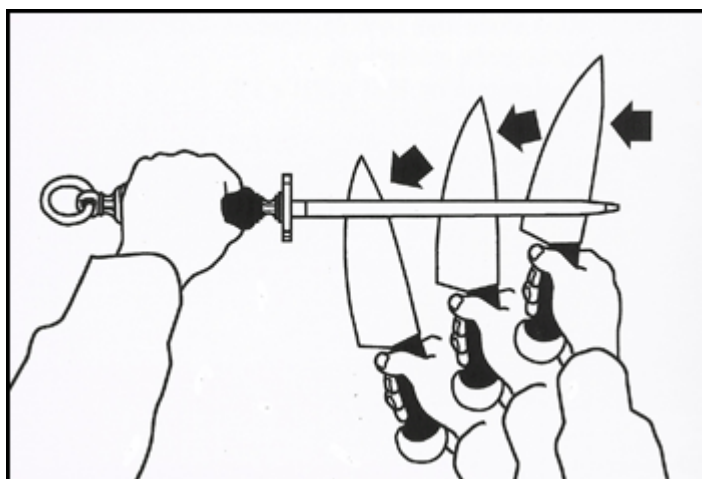
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HOW TO HOLD A KNIFE

The proper way to hold most knives is with a “pinch grip”. Pinch the blade just in front of the handle with your thumb and forefinger. Wrap your other three fingers around the handle. Use this grip whether you are cutting perpendicular to, at an angle, or parallel to the cutting board. The pinch grip works both with large and small knives.



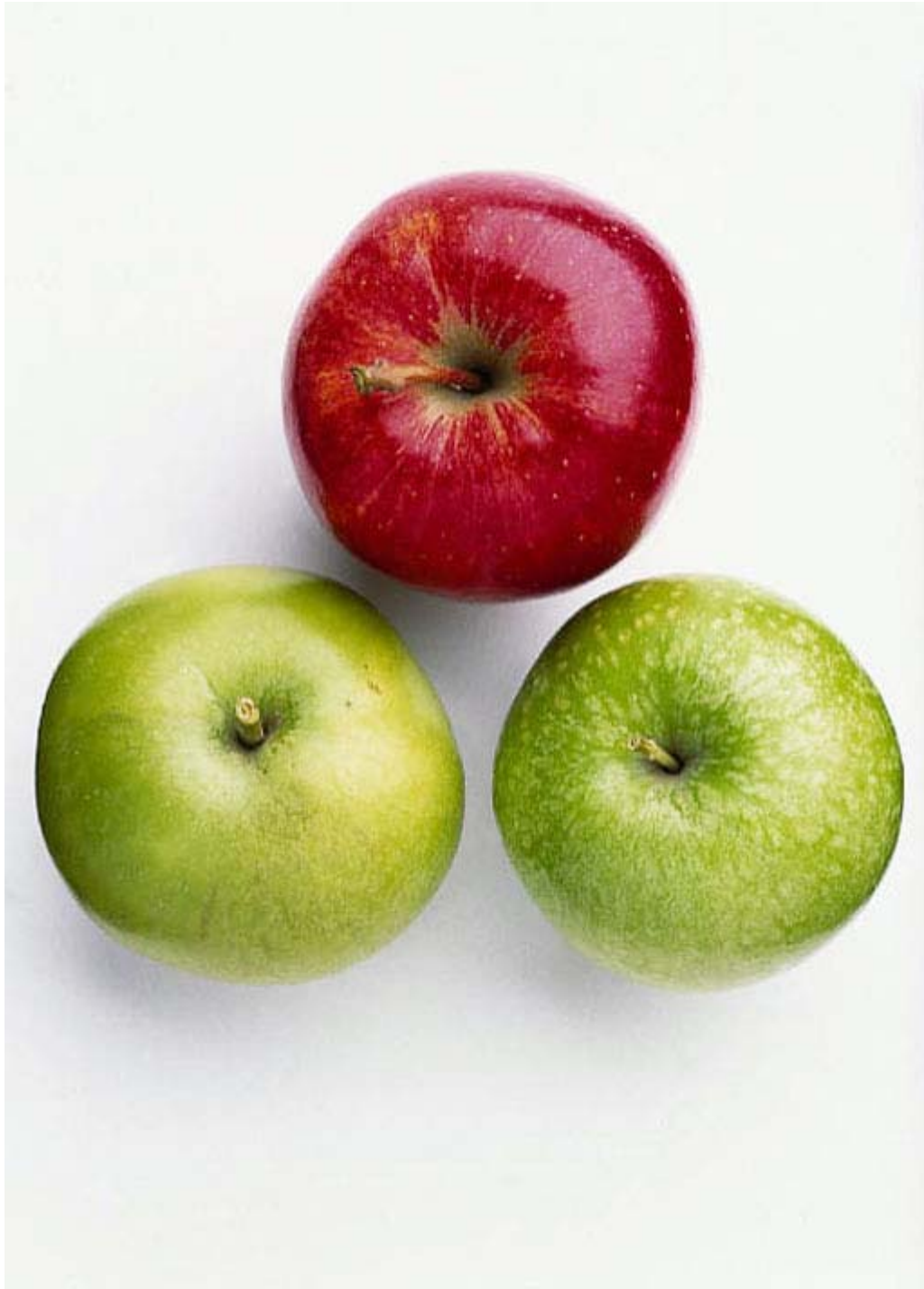


How to hold a Chef Knife





CUTTING APPLES

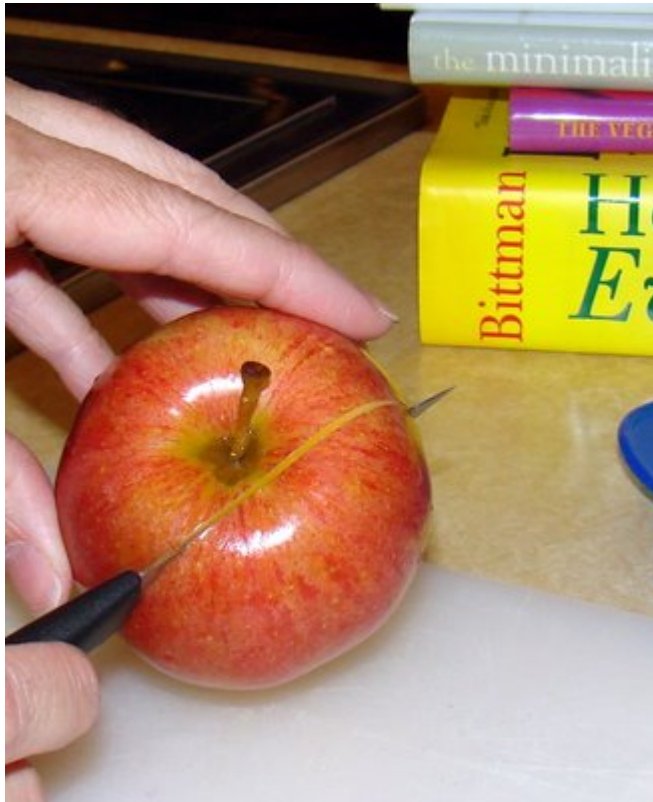


Peeling an Apple



Green apple being peeled with a paring knife.

Halving an Apple



Two halves of green apple, cross-section sides facing up

Coring an Apple



Cutting out the cores of apple quarters

Slicing an Apple



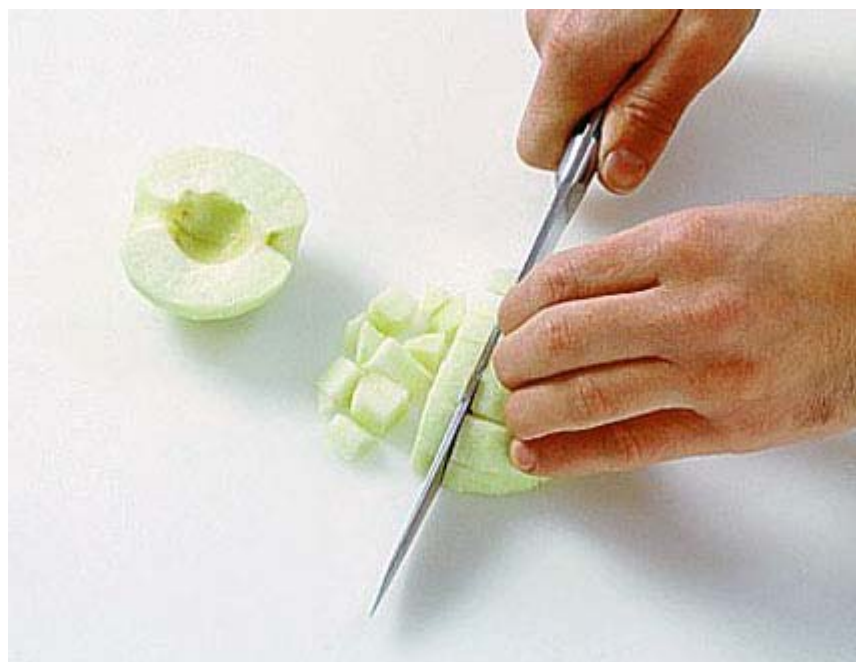
Green apple being thinly sliced on chopping board

Julienning an Apple



Cut the halves into wedges

Dicing an Apple



Cutting across the apple strips to make dice.

CUTTING ARTICHOKE



Trimming and Peeling an Artichoke





Trimming the base to an even round shape, using a sharp knife.

Preparing an Artichoke Heart





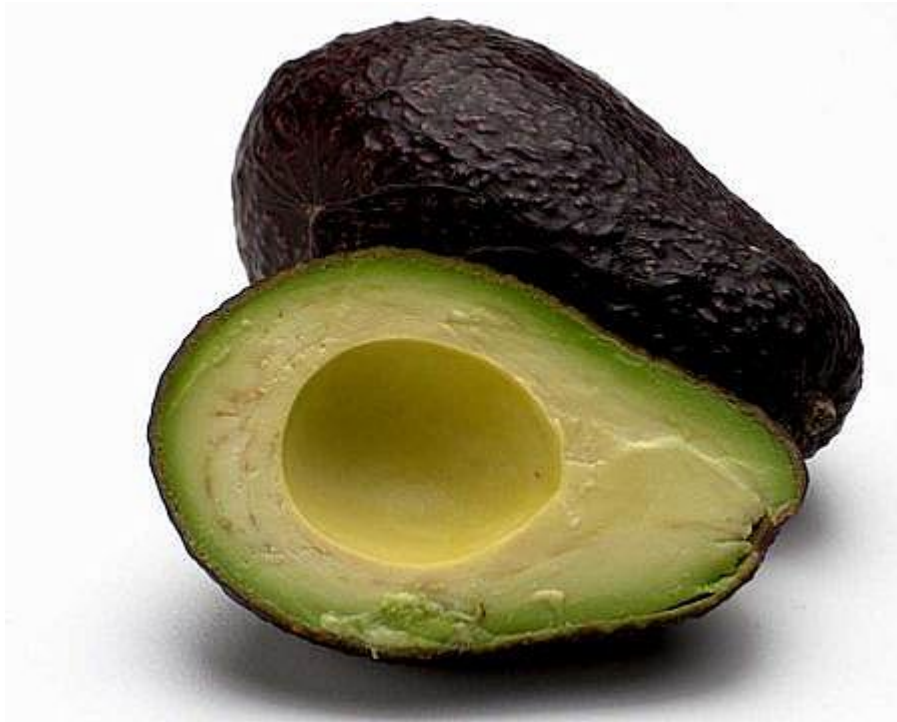
Cutting off the soft cone, leaving only the choke behind.

Cutting an Artichoke Heart



One and a half globe artichokes, close up.

CUTTING AVOCADOS



Pitting an Avocado



Peeling an Avocado



Slicing an Avocado



Cutting an Avocado into Wedges



Dicing an Avocado



CUTTING BROCCOLI



Trimming Broccoli



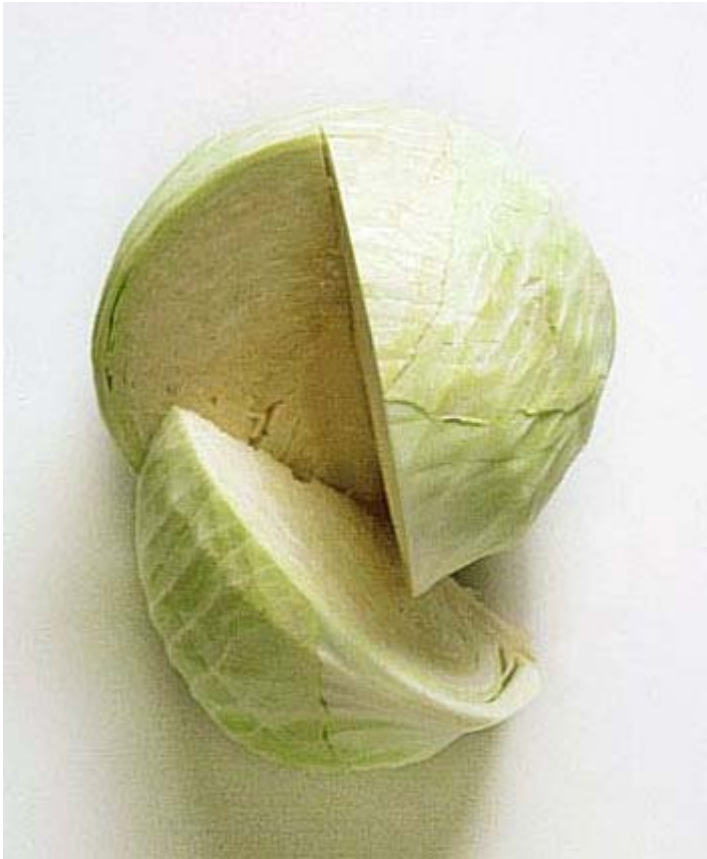
Trimming broccoli with knife

Separating Broccoli into Florets



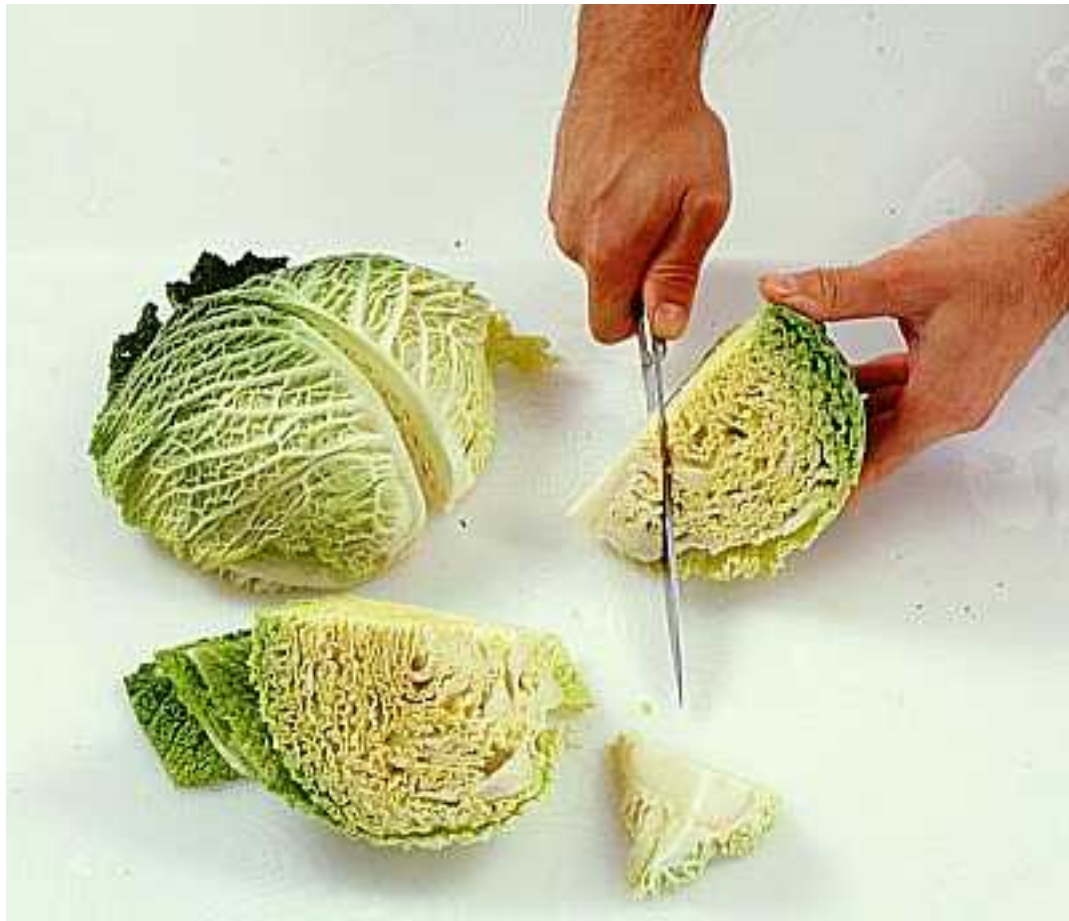
Cutting broccoli heads into florets

CUTTING CABBAGE



Coring Cabbage





Cutting Exterior Leaves away from Cabbage using Small Knife. Cutting up a cabbage

Shredding Cabbage



To shred the cabbage, set it cut-side down on a board and cut crosswise

CUTTING CARROTS

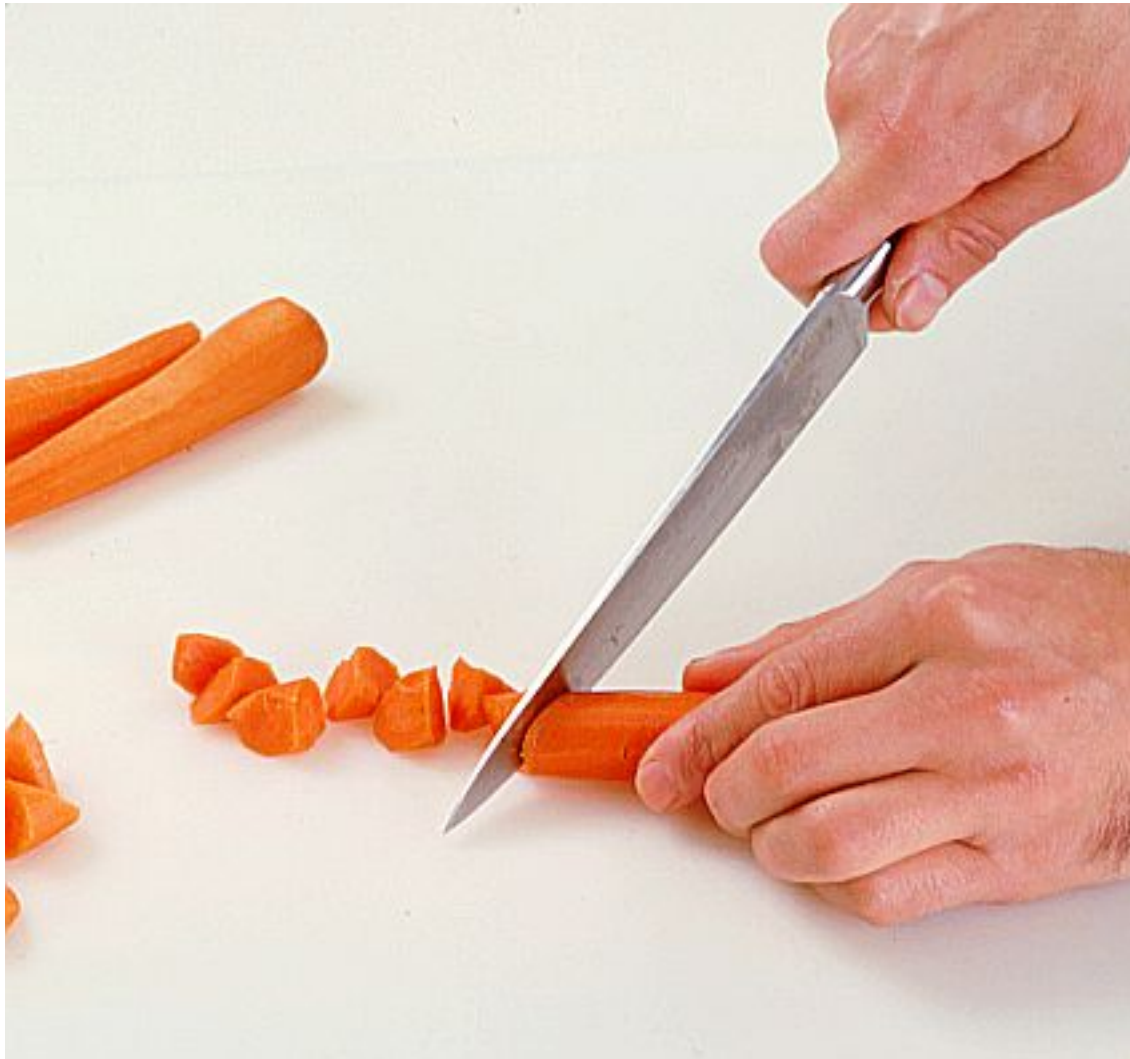


Peeling a Carrot



Cutting Exterior Leaves away from Cabbage using Small Knife. Cutting up a cabbage

Slicing a Carrot



To shred the cabbage, set it cut-side down on a board and cut crosswise

Julienning a Carrot



Dicing a Carrot



Roll Cutting a Carrot



CUTTING CAULIFLOWER



Trimming Cauliflower



Trimming & make the cuts circular around the stalk

Separating Cauliflower into Florets



Cutting Cauliflower Florets away from Stalks

CUTTING CELERY



Peeling Celery



The tough outer strings of the celery being removed from a stalk of celery using a serrated knife

Slicing Celery



To slice the celery, set it cut-side down on a board and cut crosswise

Julienning Celery



Julienne process will be easier if the stalk is first cut in half or into thirds

Dicing Celery



Hand model cutting stalks of celery with chef's knife

CUTTING CHARD



Trimming Chard



For leafy stalks, cut off green tops

Slicing Chard Leaves



Slicing Swiss chard leaves

Slicing Chard Stems



Slicing Swiss Chard Stalks with chard Leaves in background

Julienning Chard Stems



Hand model cutting stalks of celery with chef's knife

Dicing Chard Stems



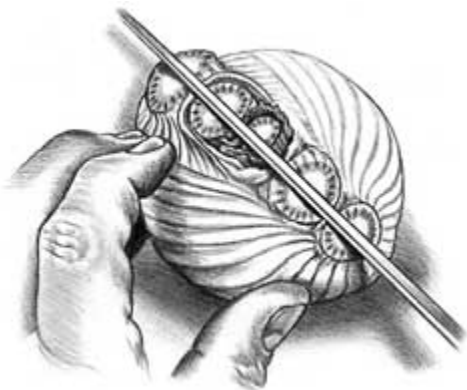
CUTTING FENNEL



Trimming Fennel



Coring Fennel



Shaving Fennel



CUTTING FISH



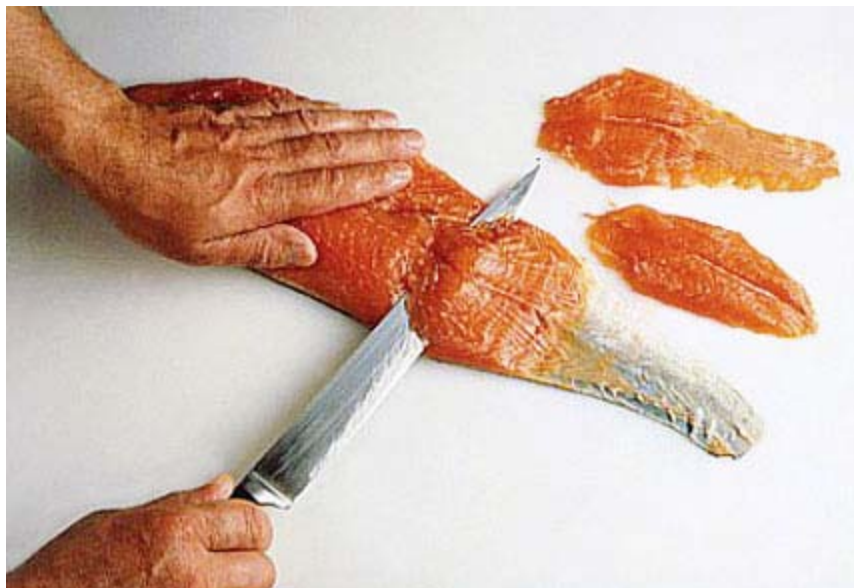
Filleting a Whole Round Fish



Boning a Whole Trout



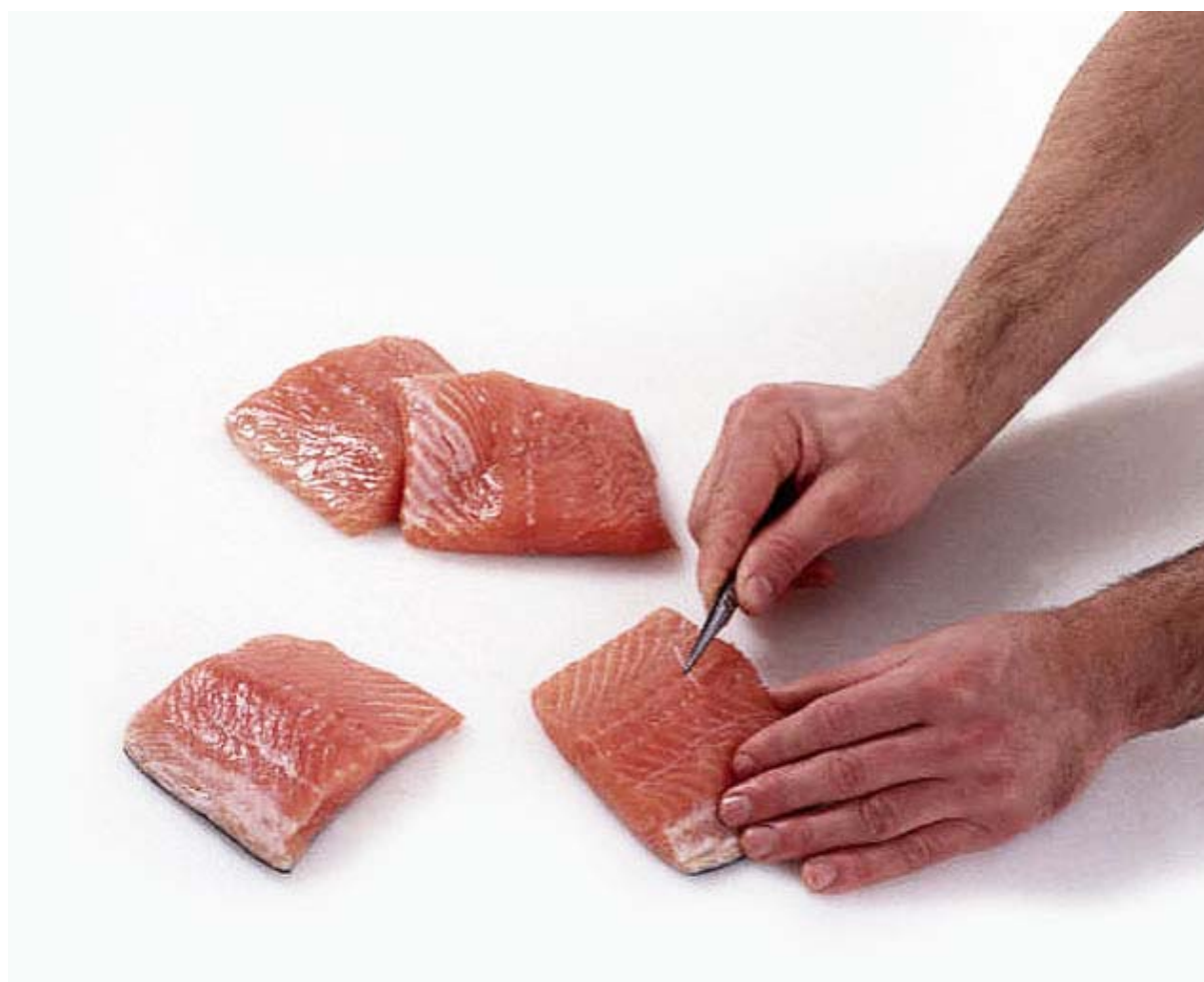
Slicing a Fish Fillet



Julienning a Fish Fillet



Dicing a Fish Fillet



Boning a Salmon Steak and Forming It into a Large Disk



CUTTING GARLIC



Trimming & Peeling a Garlic Clove





Slicing a Garlic Clove



Dicing a Garlic Clove



Pureeing a Garlic Clove



CUTTING GINGER



Trimming Ginger



Peeling Ginger





Slicing Ginger



Julienning Ginger



Dicing Ginger



